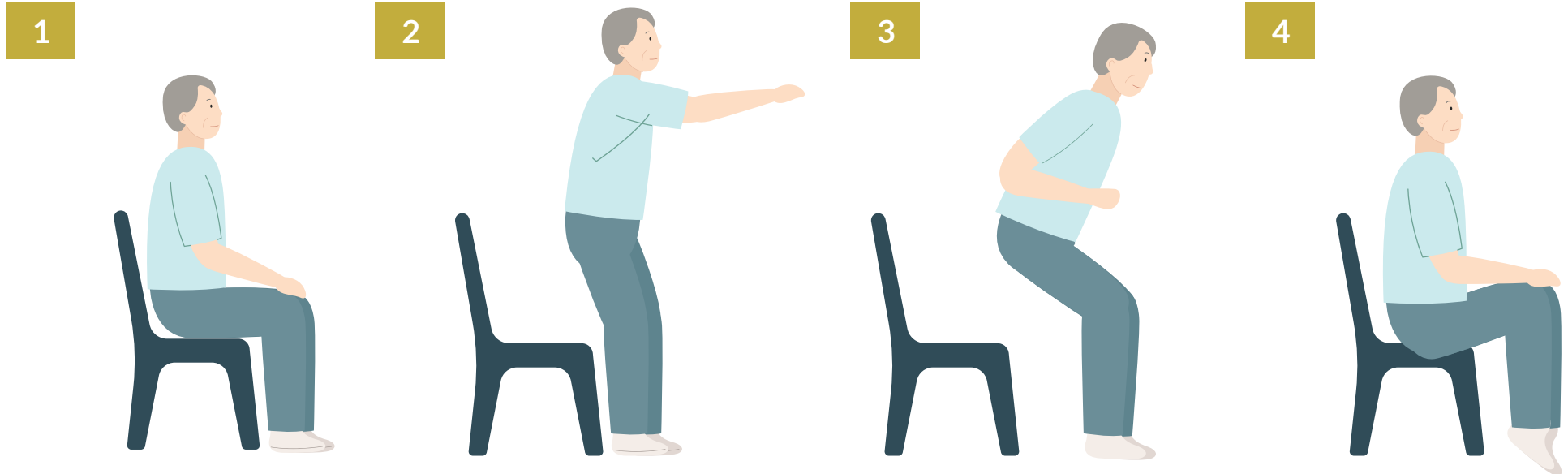


How To Perform Sit To Stand Exercises Correctly



Most chair exercises require minimal space and can be done just about anywhere. Here are a few key steps to help you enjoy and get the most out of this exercise. Don't forget to get your doctor's approval before you try a new exercise.

- 1 Sit in a sturdy chair** (preferably one without wheels) with your feet shoulder-width apart
- 2 Slowly and steadily push through your feet** to a standing position
- 3 Gently bend your knees** in a slow, controlled movement to sit into the chair
- 4 Take a break and repeat** as many times as you're comfortable